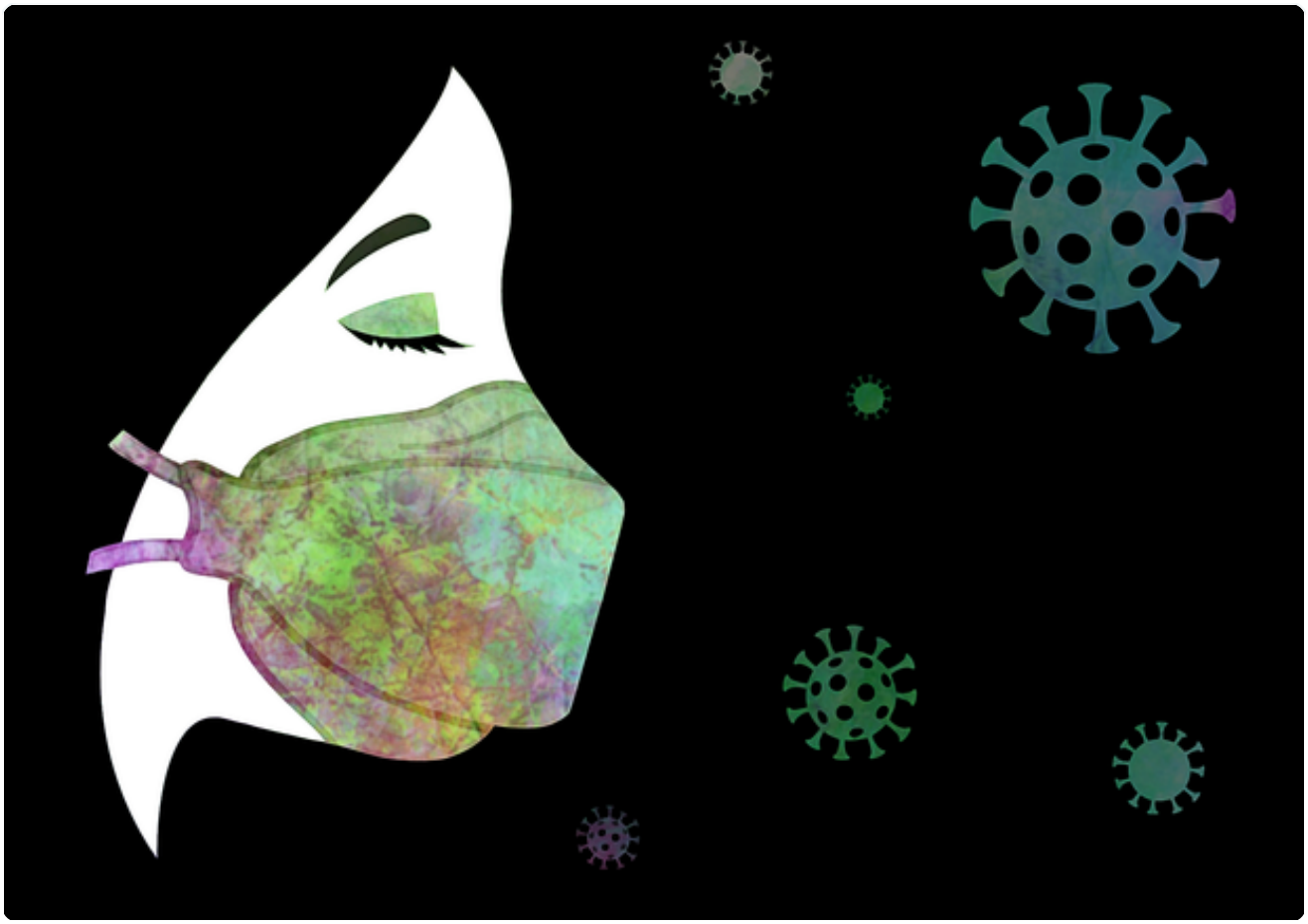
Threat Model



What's in your Covid Emergency Kit?

Aug 17, 2024

With a nonexistent covid response from leadership and healthcare systems, we've been tossed into the churn to fend for ourselves. It's a brutal time for all of us. We're on our own, scrabbling for accurate information, comparing notes, forming emergency care circles, and trying to educate as many people as we can. That's true for everything from covid transmission and prevention to dealing with infection and post-infection, as well as long covid.

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though we'll never be able to do enough to prevent infection. That getting infected is our fault. That being denied medications is our fault. That not being able to afford air purifiers and nasal sprays is our fault. Even that asking people to mask up somehow makes it "our fault" that they had to remember covid isn't "over." None of this is our fault.

It's smart to prepare for illness; it's important to plan for covid. If you live in an earthquake zone, you have an earthquake kit. If you live in a flood zone or a fire zone, you have an emergency evac kit. Since we've been forced to live in nonstop recurring mass reinfection cycles of a highly contagious deadly and disabling disease (every location is a covid zone) here are some ideas for preparing your Covid Emergency Kit.

This guide is a starting point. Just as we use layers of protection, we use layers to fight the infection. You may already have some of these items on-hand; you may also notice some of these things are for covid prevention – it all serves to fight back the virus.

COVID EMERGENCY KIT

- **Thermometer.**
- **Pulse oximeter**: To help determine if a hospital visit is needed. Pulse oximeters may overestimate by up to four points if you have Black or Brown skin.
- **Air purifiers with HEPA filters**: Reducing the amount of virus in the air aids in recovery and helps protect your household.
- **Extra covid tests**: You'll need several on hand to avoid false negatives, for testing to exit isolation (a positive test means you are contagious), and to s
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tell you when to open a window or crank up the purifiers. See: 8+ Best Carbon Dioxide Monitors (Breathe Safe Air)

- **Water and electrolytes**
- **Cold medicines and over-the-counter symptom relief**
- **Pain relievers/fever reducers**
- **Ice packs**
- **Low effort comfort items to pass the time**: things to watch, podcasts, audiobooks, coloring books, games.
- **Paxlovid: it works**.
- **Consider Metformin**: a two-week course has been **shown to reduce the incidence of long covid**, reduce viral load, and potentially limit contagiousness.
- **Antihistamines**: **per NIH**, "a number of Covid-19 patients improved significantly when on antihistamines due to their antiviral and anti-inflammatory properties. Moreover, antihistamines have shown to be effective in the management of long term symptoms post-Covid-19 infection."
- **Antiviral/antimicrobial nasal spray (experimental)**: Some nasal sprays have been studied to treat covid, like **nitric oxide nasal spray** (Enovid, FabiSpray, VirX), **ethyl lauroyl arginine hydrochloride** (Covixyl), **xylitol** (Xlear), and **Iota-carrageenan** (Agovirax, Betadine Cold Defense, Epothex, Flo Travel, Lontax Gola, NoriZite).
- **Lozenges**: the BLIS K12 oral probiotic **has been shown** to produce antibodies that help clear the virus.
- **Mouthwash**: Mouthwashes with CPC can **decrease covid infectivity**.

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- Sick days and time off.
- Telehealth options.
- Social supports for help in isolation, getting groceries and prescriptions, and wellness checks.

KEEP IN MIND

- Average contagiousness is **5-10 days** but can be longer.
- Serious rest is recommended: **Why You Should Rest—a Lot—If You Have COVID-19** [TIME]
- Long covid onset is typically **4 or more weeks after infection**.
- Get boosted **to help prevent long covid** and help fight the infection.
- One test to exit isolation **won't cut it**.
- Serial test **three times over the course of four days** after your first negative result to be sure.
- Reinfection is possible in **as few as 4 weeks**.

Make a physical isolation plan for your household. You'll need to reduce virus in the air (purifiers, ventilation) throughout the house and block infected air from traveling. This can include sealing doors and vents, in addition to configuring and coordinating bathroom access to keep contaminated air from other rooms. Decide which rooms will be safe zones for uninfected people and which is the isolation zone (usually a bedroom). Coordinate a strategy for safe food delivery or access.

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Thes

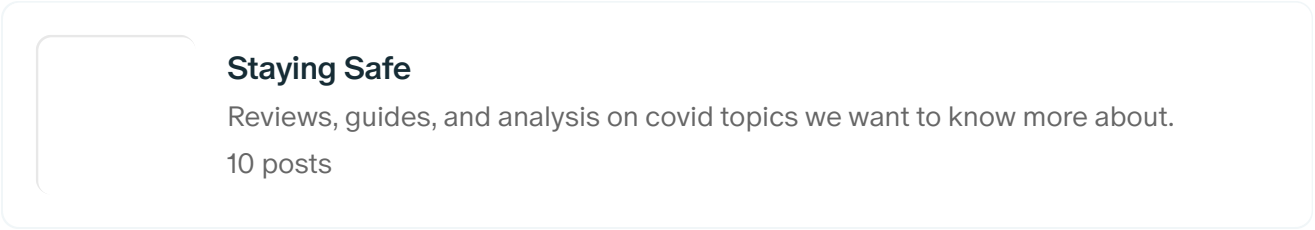
- **What to Do if You Have Covid** (People's CDC guide)
- **What To Do If You Catch Covid** (Roots Community Health Center video series, YouTube)
- **Someone in my home has COVID. How do we isolate safely?** (Clean Air Crew)
- **What to do if you get covid** (Monkeys on Typewriters)

This Covid Emergency Kit is only possible thanks to patrons. Over 15,000 people have read my **Huge, FREE covid safety resource list** – that ongoing, updated work is supported by just over 1,000 patrons. **Please consider becoming a patron** or a support donation via **Venmo**, **PayPal**, or **Cash app**.

I'd love to hear what's in your Covid Emergency Kit! Let me know in the comments.

Stay apart, stand together, mask up, and stay strong.

In collection



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Polydamas · 6mo

204 reported cases of COVID at the Glasgow Worldcon including many older gentlemen who shared unmasked selfies from crowded indoor spaces https://www.patreon.com/posts/110281919

3

Avery Panganiban · 6mo

I also had melatonin to take naps throughout the day (by day 3 I wasn't very tired, just so uncomfortable. and i know sleep is critical) and an eye mask or migraine compression cap to help with headaches and light sensitivity!

4

gregg r · 6mo

This is a very concise checklist and will be useful to pass on to the folks who want to prepare. I'm pleased I already have most of them covered thanks to your HFCSRL, and now I'll augment with the things I didn't know about (lozenges, mouthwash). Also, checking with your pharmacist about whether they can/will dispense Paxlovid without your first visiting a physician may be good to know if the emergency comes. Thanks as always Violet ✌️😁

1

Jeff McNeill · 6mo

FYI, if CO2 is a problem, air purifiers won't fix that: https://smartairfilters.com/en/blog/can-air-purifiers-remove-co2/

1 5

CSL3 · 6mo

The air purifiers are listed above to get COVID particles, allergens, and other elements from the air. CO2 is removed by a steady flow of fresh air, like an open window or a good HVAC system.

6

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The biggest stumbling block will be trying to lay hands on Paxlovid and/or metformin prior to an actual infection. But then, this is typical of prescription medicine; advice is always "have a backup supply on hand" and getting hold of more than the bare minimum that will see you to your next prescribed refill is impossible. 😠

Still, just having this list on hand, having a concrete plan, supplies, and knowing where to turn for medical support is a godsend. Thank you, Violet.

9 5

Threat Model CREATOR · 6mo

Thank you for saying so -- it's especially validating to hear it brought some relief. I feel like we all feel so constantly unprepared. Let me know if you think of anything to add as we go along :)

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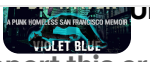

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